SALISBURY STATE UNIVERSITY

CROSS COUNTRY

1991

1991 Season Outlook

Entering his third season as head coach of the Salisbury State men's and women's cross country program, **Jerry Thomas**' teams finally have something that has been lacking during the past two years. Experience. The men's team has five returning runners, who combined total 12 seasons of collegiate experience. The women's squad features six senior runners. The experience of these returning runners coupled with the influx of seven talented freshmen and three other newcomers spells big expectations for both teams in 1991.

The men's squad will be paced by junior **Tim Smith**. Last year, Smith became only the fourth Sea Gull runner to earn All Mason-Dixon honors. Coming off a summer of hard work and solid training, Smith appears ready to be counted among the best in the nation in Division III this year.

Juniors **Rob Freshwater** and **Greg Spencer** also appear ready to step up to the next level and make significant impacts in 1991. Both runners should benefit from last year's race experience. Seniors **Dave Atlas**, who missed the 1990 season due to an injury, and **Joel Tyler** will provide the Gulls with valuable senior leadership.

Pete Pietras, a junior running his first season of cross country after performing on the SSU track team last spring, will also add depth. Four other freshmen, **Jeff Friemanis, Ross Kaelin, Tom Evans** and **Geoff Hoy**, could contribute by season's end.

The women's squad, coming off a successful 1990 season, should be a strong contender for the conference championship this year. Featuring a lineup that includes six seniors, SSU hopes to utilize its considerable race experience as an advantage. Senior **Erin Green** returns for her final season looking to duplicate her All Mason-Dixon and All-ESAC honors of last season. She was SSU's top finisher in nine of 10 races a year ago.

Five other seniors, **Cathy Emerson, Val Sontag, Penny Davis, Melanie Burroughs** and **Amy Spishock**, provide Coach Thomas with a quality lineup of returnees. Sophomore **Andrea Cyran** and promising freshman **Dorothy Dean** also help make the 1991 team among the deepest in recent years. Others to watch for throughout the season are sophomore **Kelly Surgent** and freshmen **Donna Krebs** and **Carolyn Colby**.

Coach

Jerry Thomas
Head Coach

Now in his third year as the head coach of the men's and women's cross country teams, Jerry Thomas has been associated with Salisbury State University for nearly a decade. Thomas began as a freshman runner at SSU in 1981, served as an assistant coach for three years and took over as the head coach in 1989.

During his collegiate career, Thomas was a four-time letterman for the Gulls and a two-time All Mason-Dixon Conference selectee in track as a distance runner. In addition to his current duties with the cross country team, he is SSU's co-head coach for track and field in the spring.

Thomas has brought a renewed sense of commitment and excitement to the SSU program in his first two seasons, and feels that a firm foundation has now been laid for a successful future. "We return every runner in 1991, which gives us plenty of enthusiasm heading into the year," said Thomas. "Many of our squad members went through a learning process in 1990 as they competed on the collegiate level for the first time. The experience they gained should make us even stronger this season."

SSU Quick Facts

Location	Salisbury, MD 21801
Founded	1925
Enrollment	5,884
President	Dr. Thomas E. Bellavance
Switchboard	(301) 543-6000
Nickname	Sea Gulls
Colors	Maroon, Gold
Affiliation	NCAA Division III
Conference	Eastern States Athletic
Athletic Director	Dr. William Lide
Athletic Dept. Phone	543-6340
Head Coach	Jerry Thomas
Coach's Phone	543-6340
Sports Info. Director	G. Paul Ohanian
Sports Info. Phone	543-6016

1991 Men's and Women's Cross Country Roster

NAME	CLASS	HOMETOWN	HIGH SCHOOL
David Atlas	Senior	California, MD	Leonardtown
Tom Evans	Freshman	Lexington Park, MD	St. Mary's Ryken
Rob Freshwater	Junior	Salisbury, MD	James M. Bennett
Jeff Friemanis	Freshman	Columbia, MD	Centennial
Geoffrey Hoy	Freshman	Potomac, MD	Churchill
Ross Kaelin	Freshman	Great Mills, MD	Great Mills
Chris Ohrel	Sophomore	Elkton, MD	Elkton
Pete Pietras	Junior	Cape May Point, NJ	Cape May Port Reg.
Tim Smith	Junior	Manchester, MD	North Carrol
Greg Spencer	Junior	Millersville, MD	Archbishop Spalding
Joel Tyler	Senior	Lutherville, MD	Towson
Melanie Burroughs	Senior	Salisbury, MD	James M. Bennett
Carolyn Colby	Freshman	Lexington Park, MD	Great Mills
Andrea Cyran	Sophomore	Salisbury, MD	Wicomico
Penny Davis	Senior	Bowie, MD	Forsyth County
Dorothy Dean	Freshman	Great Mills, MD	Great Mills
Cathy Emerson	Senior	Glastonbury, CT	Glastonbury
Erin Green	Senior	Gaithersburg, MD	Rockville
Donna Krebs	Freshman	Towson, MD	Loch Raven
Valerie Sontag	Senior	Potomac, MD	T. S. Wootten
Amy Spishock	Senior	Exton, PA	Downington
Kelly Surgent	Sophomore	Frostburg, MD	Beall

1990 Season in Review

Looking back on the 1990 cross country season brings a sense of pride in both teams' various accomplishments, as well as outstanding individual efforts on the part of sophomore Tim Smith and junior Erin Green. The foundation for a very successful future has now been laid. The women's team finished the season with the most wins in school history at 15-12, while the men closed with an impressive 5-1 mark.

Highlights of the '90 campaign started with the season debut at Montgomery College where the SSU women captured first place honors and the men's squad gathered a second place showing. The season progressed with the women capturing second place finishes at the Tidewater Invitational and the ESAC conference championships, as well as both teams taking home a dual-meet victory with Goucher College.

Individually, Tim Smith consistently was one of the NCAA Division III's top performers, earning All Mason-Dixon honors along the way, as he led the men's squad. The women were led by a trio of runners, with no one shining brighter than Erin Green. Green earned a lot of firsts in SSU history, including All Mason-Dixon Conference, All-ESAC, ESAC Player-of-the-Week and SSU Athlete-of-the-Week.

1990 Cross Country Results

DATE	EVENT (Top SSU Finishers)	SITE
Sept. 8	Essex Invitational (Tim Smith, 5th; Erin Green, 5th)	Baltimore, MD
Sept. 15	Montgomery College Invitational (Tim Smith, 1st; Erin Green, 1st)	Rockville, MD
Sept. 22	Captains Classic (Tim Smith, 3rd; Erin Green, 1st)	Newport News, VA
Sept. 29	Retriever Classic (Tim Smith, 8th; Erin Green, 20th)	Baltimore, MD
Oct. 6	Frostburg Invitational (Tim Smith, 5th; Amy Spishock, 39th)	Frostburg, MD
Oct. 16	Goucher College (Tim Smith, 1st; Erin Green, 1st)	Towson, MD
Oct. 20	SSU Tidewater Invitational (Tim Smith, 5th; Erin Green, 4th)	Salisbury, MD
Oct. 27	Mason-Dixon Conference Championships (Tim Smith, 14th; Erin Green, 5th)	Cumberland, MD
Nov. 3	ESAC Championships (Tim Smith, 15th; Erin Green, 4th)	Cumberland, MD
Nov. 10	NCAA Mideast Regionals (Tim Smith, 91st; Erin Green, 79th)	Center Valley, PA

Runners to Watch

Tim Smith
Junior - Manchester, MD
A hard-working and dedicated runner who had a successful 1990 campaign, earning All Mason-Dixon Conference honors...top finishes at Christopher Newport and Frostburg State leave high expectations for national recognition in 1991.

Erin Green
Senior - Gaithersburg, MD
Enjoyed a stellar junior season capped by All Mason-Dixon Conference and All-ESAC honors...has a strong drive and desire to become the best...was SSU's top finisher in nine of 10 races in 1990...should duplicate or surpass last year's performances.

Rob Freshwater
Junior - Salisbury, MD
A local product (James M. Bennett HS) whose strong work ethic sets an example for the rest of the team...very dedicated to his sport...serves as a leader on the squad...should begin reaping the rewards of his hard work this season.

Cathy Emerson
Senior - Glastonbury, CT
A transfer in 1990, her attitude and accomplishments gave the team a great lift last year...has an abundance of energy to match her talent...1991 promises to be a big season for Emerson.

Schedule

Date	Opponent	Time
SEPTEMBER		
7	Essex Invitational	11:00A
14	Lebanon Valley Invitational	10:00A
21	CNC Invitational	10:00A
OCTOBER		
5	Frostburg Invitational	11:00A
12	MD State Colleges Championships	11:00A
15	Goucher Invitational	5:00
19	**SSU TIDEWATER INVITATIONAL**	11:00A
26	Mason Dixon Championships	11:00A
NOVEMBER		
2	ESAC Championship	10:00A
16	Allentown Invitational	10:00A

BOLD CAPS—Home Games

Salisbury State University

A Reputation for Excellence

"Best Buy" in Public Education. "Smiles abound as the . . . school's endowment and reputation soar," said *The Baltimore Sun* in a front page story. *Money* magazine ranked SSU a national "best buy" in public education.

Applications triple. For 11 straight years the number of applications here has increased, countering national trends. This fall the campus received over 4,000 applications for 700 openings.

SATs up 182 points. In the same time period, SAT scores rose to among the highest in Maryland's public university system. The average 1991 freshman at SSU has well over 1,000 on the SATs and a better than B average in high school.

$45 million investment in buildings and grounds. Splendid new architecture and a beautifully landscaped campus in the heart of Maryland's Eastern Shore have made us one of the Mid-Atlantic's most attractive universities.

Highest endowed four-year public comprehensive university in Maryland. SSU's $10 million plus endowment means more scholarships, student travel and research funds, and more visiting scholars and artists' programs. The University has been listed in an exclusive group of 300 schools with the largest endowments for their size.